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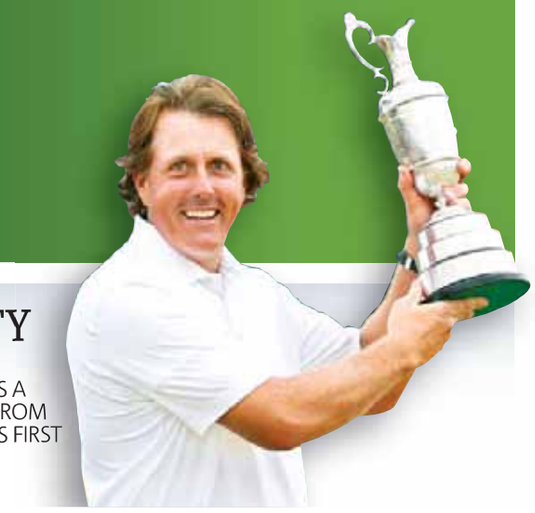

Maybe music really is the food of love

Songs can benefit preemies, other sick babies: Studies PAGE 17

Caught in the Comic-Con web

Playing a Metallica roadie and Spider-Man's BFF keeps actor Dane DeHaan in demand in San Diego PAGE 15

Motor City meltdown

Detroit faces a long road to recovery after filing for bankruptcy last week PAGE 10

TEE PARTY

U.S. GOLFER PHIL MICKELSON MAKES A DAZZLING SURGE FROM BEHIND TO WIN HIS FIRST BRITISH OPEN PAGE 22

Point Grey Road is pictured on Sunday. City council is set to debate whether to divert vehicles from the stretch of road to make it more accommodating to cyclists and pedestrians.
EMILY JACKSON/METRO

Bike-lane drama heats up ahead of council debate

Transportation. Drivers, residents, cyclists and pedestrians all have a stake in the future of Point Grey Road

Perhaps it's the scorching sunshine, but no one is showing signs of cooling down when it comes to Vancouver's plan to make Point Grey Road friendlier for cyclists and pedestrians.

It's sure to be a heated week in municipal politics as city council debates whether to proceed with a plan for separated bike lanes and greenways in Kitsilano between the Burrard Bridge and Jericho Beach.

Nearly 150 citizens have signed up to speak to council, likely the longest speakers list this term, Coun. George Affleck said.

On one side, residents and cycling advocates want vehicle commuters off the stretch of Point Grey Road west of MacDonald to encourage more active transportation and turn the secondary arterial into a local-use-only street.

On the other, their neighbours don't want to divert vehicle commuters — many of them from outside the area — from a street lined by multimillion-dollar homes in a part of town that's already congested with beach and UBC-bound cars.

The only thing everyone seems to agree upon is that the narrow road is dangerous and rife with conflict between cars, cyclists and pedestrians.

Cycling organization HUB held a demonstration, attended by a few dozen helmet-clad Vancouverites on two wheels, on Point Grey Road Sunday to show just how dicey it can be to use the road.

"It's narrow and people are driving fast and you end up having these conflicts you shouldn't have," said Holly Foxcroft, 32, an area resident who drives, cycles and runs along the route.

But the trade-off of closing part of the road to car commuters is worth it for Foxcroft, who supports the plan as a way to boost safety for all users.

Many, however, aren't sold. Signs reading Delay the Vote have cropped up on about half of the lawns along MacDonald Street north of 4th Avenue, a stretch that will see 10,000 extra cars per day.

Opponents also bought billboard space on the Burrard Bridge asking council to come back with a "better option."

The debate starts Tuesday.
EMILY JACKSON/METRO

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Grandview Viaduct

Designated driver faces impaired charges for crashing into police roadblock

A designated driver is under investigation for impaired driving after he crashed into the back of a police cruiser at a counter-attack roadblock in East Vancouver Sunday morning.

The incident occurred around 4 a.m. at a roadblock on the Grandview Viaduct, the elevated roadway connecting Terminal and 1st avenues at Clark Drive.

The 22-year-old driver, who had three passengers in the car, smashed into the back of an unoccupied police cruiser that was parked in the centre lane of the viaduct with its lights flashing. No one was injured, but momentum from the collision pushed the cruiser eastbound about a metre and a half.

The driver failed two breathalyzer tests. He was handed a driving prohibition and is facing impaired-driving charges.

JEFF HODSON/METRO

Howe Street

VPD investigates suspicious death after woman falls from building

Vancouver police are investigating a suspicious death after a young woman fell from a downtown apartment Sunday evening.

Witnesses told police they heard screams and saw the woman fall to the street from the 13th floor of the apartment building, located in the 1400 block of Howe Street. She was dead by the time paramedics arrived on scene.

In a statement, police said the area would be closed to traffic for several hours for their investigation. JEFF HODSON/METRO

That's all folk: Festival brings out the crowds

Fans of all ages sway to live music under the hot sun at the Vancouver Folk Music Festival at Jericho Beach on Sunday. Thousands of music lovers took in the 36th annual festival. EMILY JACKSON/METRO

Should Burnaby ban sale of small animals?

Targeting fair-weather pet owners. Animal shelter says there's nowhere for rabbits and other pets to go once 'the novelty is gone'

EMILY JACKSON
emily.jackson@metronews.ca

A Burnaby animal shelter wants to stop the sale of small animals within city limits due to an "overwhelming" number of creatures looking for second homes this year.

The Small Animal Rescue Society of B.C. will ask city council this fall to ban the sale of animals such as rabbits, guinea pigs, hamsters, rats, mice and chinchillas because there's nowhere for the animals to go when people decide they're done with the pets, said Lisa Hutcheon, society president and volunteer.

"Shelters are full of them, the rescue group is full of them," Hutcheon said, adding that most shelters are built for cats and dogs, not mice. "We just can't accommodate them all."

People don't do proper research before buying these "starter pets," she said, meaning cases where if a child does well caring for the animal they can have a cat or dog.

This rabbit was rescued after being dumped near Burnaby Lake. CONTRIBUTED/SMALL ANIMAL RESCUE SOCIETY OF B.C.

But a few weeks or months later, Hutcheon gets numerous calls when "the novelty is gone, the pet sits in a cage, it gets neglected."

Fair-weather pet owners frequently drop off pregnant pets, she added, which can be a problem with animals that reproduce every few months.

The society has already taken in 80 bunnies this year compared with 30 in 2012, including one that was dumped near Burnaby Lake.

"People just assume rabbits can survive," she said, but the domestic breeds sold in pet shops are typically from warmer climates and can't deal with hawks, dogs or cars.

Richmond has already banned stores from selling small animals, while Toronto has banned stores from selling dogs and cats.

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More than 50 years later. Questions remain after missing mom resurfaces

There's no guarantee of a fairy-tale family reunion in the story of Lucy Johnson, who was found alive in the Yukon last week after disappearing from Surrey more than 50 years ago.

RCMP recently featured Johnson in their historic missing-persons file, and Johnson's daughter, Linda Evans, used that information to advertise the disappearance in the Yukon, where her mother once lived.

Lucy Johnson
CONTRIBUTED/RCMP

RCMP spokesman Curtis Harling said it wasn't long before Evans heard from a woman who turned out to be her half-sister.

"There was a woman who noticed the advertisement in the classifieds in one of the papers in the Yukon," he said. "Obviously there was a photo attached to it, and she said, 'Hey, that photo is my mother.'"

Harling said the woman is a daughter from Lucy Johnson's subsequent marriage and had no idea she had a half-sister.

Johnson, who is now 77 and living under a different name, disappeared in 1961, but her husband Marvin Johnson didn't report her missing until 1965. The time lapse raised suspicions and he became a suspect. Police even excavated the family's property looking for a body. Marvin died in the late 1990s.

They have been in contact with Marvin Johnson's family, Harling said. "They'd like to acknowledge that Marvin's name is now cleared."

Harling did not know why the woman left or what she has been doing for the past 50 years. He wouldn't even say where Johnson lived, other than to say it was near a "major city" in the territory.

Harling said the sisters were pleased to find out they had other family members, but their mother has some explaining to do.

THE CANADIAN PRESS

Adanac bikeway. City makes minor tweaks to Union Street bike lane

If you see a car where it's not supposed to be on the Union Street bike lane in East Van, it's probably just a little confused.

The city hasn't changed the overall plan for the Adanac bikeway, but it has made some minor adjustments after monitoring the traffic patterns, transportation director Jerry Dobrovolny said on Sunday.

It takes a few months to iron out the kinks any time the city changes traffic patterns, he said, and the city monitors a couple of dozen points to make sure there aren't major problems.

Construction along the bikeway is moving more slowly than anticipated because the city must wait for some utilities to be relocated.

EMILY JACKSON/METRO

Death on the water

Student drowns near Victoria

A 21-year-old international student drowned while swimming with friends in Thetis Lake, near Victoria, on Saturday. Media reports say the man was hauled unconscious from the lake at 12:20 p.m. Attempts were made to revive him, and he was taken to Victoria General Hospital in critical condition, but he later died. His name was not released. METRO

Fell from balcony

Women airlifted in island rescue

Two women on Nelson Island, in the Sunshine Coast region, have been rescued by a military helicopter after falling from a balcony. Paramedics arrived on board a Coast Guard ship, while search-and-rescue technicians arrived by air. The women were hoisted by the technicians into the helicopter and then taken to hospital, where they were listed in stable condition.

THE CANADIAN PRESS

The fastest, shootinest cowboys you ever saw

Garry Porteous, of Surrey, and other competitors fire during the Canadian Fast Draw Championships in Aldergrove on Sunday. Contenders use blank ammunition to fire at balloon targets placed 2.4 metres away. Electronic timers determine the winners. DARRYL DYCK/THE CANADIAN PRESS

B.C. boat floated as fast commute to Squamish

Thrust-cushion vehicle. Could cut travel time to just 40 minutes, company says

KATE WEBB
kate.webb@metronews.ca

A Powell River research-and-development company says it is two years away from putting an $8.5-million high-speed commuter ferry in the water that could be a game-changer for Vancouver bedroom communities, such as Squamish.

With a grant from Transport Canada, Slipstream Vehicles Ltd. has spent the past few years working on its thrust-cushion vehicle (TCV). It works much like a hovercraft and doesn't generate wake at high speeds.

The first full-scale model is expected to be finished in 2015. It will be 32 metres long, hold between 180 and 200 passengers and travel at speeds of more than 65 knots (120 kilometres an hour), potentially cutting the commute time from Squamish to Vancouver to just 40 minutes.

"If you're going 60 or 70 knots … places that would be easily reachable (in an hour) become fairly numerous," said Slipstream owner Bill Cocksedge.

He said residents of Nanaimo and Victoria could also benefit from shorter trips to the mainland, although the amphibious vessels are designed only for foot passengers and cargo, not vehicles.

But the best part, Cocksedge said, is that the prototype diesel- and turbine-battery-powered hybrid TCV will cut more than 60 per cent of emissions and save fuel costs compared to traditional foil-assisted catamarans.

Squamish Mayor Rob Kirkham attended a presentation about the high-speed ferry and said in an email that Slipstream has got his attention.

"A fast-ferry concept could work well for Squamish," he wrote. "While it's still early in the development of this particular product, commuting to Vancouver by water is something worth exploring for our community."

B.C. NDP Leader Adrian Dix METRO FILE

Panel to report on why NDP lost election

A panel has been struck to review why the B.C. NDP failed to win office after pundits predicted victory at the polls.

Panel members include Newton-North Delta NDP MP Jinny Sims, former Manitoba NDP finance minister Eugene Kostyra, Metro Vancouver's former Canadian Office and Professional Employees Union president Andy Ross, Federation of Post Secondary Educators of BC president Cindy Oliver and a law student from Terrace. Four of the panellists have ties to organized labour.

The panel is slated to provide the results of its review at a convention in November, when there could also be a review of leader Adrian Dix.

Dix announced plans for an election-review panel shortly after the May 14 election.

"After leading in the public-opinion polls for the better part of four years, the B.C. NDP ended up with 39.7 per cent of the vote compared to 44.1 per cent for the BC Liberals," said an NDP statement introducing the panel's terms of reference.

The review panel will seek submissions from NDP members, unions and voters.

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Cleveland cops ID suspect in serial killings

East Cleveland residents gather outside an abandoned house to help search for more bodies on Sunday. TONY DEJAK/THE ASSOCIATED PRESS

Missing women.
No more bodies found after day-long search of houses sparked by suspect's comments

Authorities who responded to a report of a foul odour and found the bodies of three women in a low-income U.S. neighbourhood ended a day-long search without finding others. A registered sex offender was in custody.

East Cleveland Police Chief Ralph Spotts had warned searchers to be prepared to find one or two more victims Sunday, but he declined to elaborate.

The discovery was the Cleveland area's latest high-profile case of missing women. Earlier this year, three women in an unrelated case were found and freed after being held captive in a home for years.

Spotts identified the suspect as 35-year-old Michael Madison and said he was expected to be formally charged Monday.

Mayor Gary Norton said the suspect indicated he might have been influenced by Cleveland serial killer Anthony Sowell, who was convicted in 2011 of murdering 11 women and sentenced to death.

Spotts said the suspect's comments hadn't provided clarity on whether more bodies might be found.

"He really hasn't stated that there's any more, but he hasn't said anything that would make us think that there's not," Spotts said.

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'Justice!' Crowds in more than 100 U.S. cities rally for Trayvon Martin

Jaquin Nelson, 6, wears a hooded sweatshirt during Sunday service in New Orleans as part of a "Hoody Sabbath," in reaction to a Florida jury's acquittal of George Zimmerman. GERALD HERBERT/THE ASSOCIATED PRESS

Crowds chanted "Justice! Justice!" as they rallied in dozens of U.S. cities Saturday, urging authorities to change self-defence laws and press federal civil-rights charges against a former neighbourhood watch leader found not guilty in the shooting death of an unarmed black teenager.

The National Action Network, led by the Rev. Al Sharpton, a prominent civil-rights activist, organized the "Justice for Trayvon" rallies and vigils on Saturday outside federal buildings in more than 100 cities one week after a jury acquitted George Zimmerman in the February 2012 shooting death of 17-year-old Trayvon Martin in a gated central Florida community.

The case has become a flashpoint in separate but converging national debates over self-defence, guns and race relations. Zimmerman, who successfully claimed that he was protecting himself when he shot Martin, identifies himself as Hispanic. Martin was black.

In New York, hundreds of people — including Martin's mother, Sybrina Fulton, and music superstars Jay-Z and Beyoncé — gathered in the heat.

THE ASSOCIATED PRESS

Stand-your-ground law

Despite an outcry from civil-rights groups, a call for close examination by President Barack Obama and even a 1960s-style sit-in at the Florida governor's office, the jury's verdict that George Zimmerman was justified in shooting an unarmed black teenager is unlikely to spur change to any of the stand-your-ground self-defence laws in U.S. states.

- At least 22 states have laws similar to that in Florida, according to the National Conference of State Legislatures. Many are conservative and lean toward laws that defend gun owners' rights.
- There does not appear to be an appetite in Florida or other states to repeal or change the laws, which generally eliminate a person's duty to retreat in the face of a serious physical threat. In fact, some states are moving in the opposite direction.

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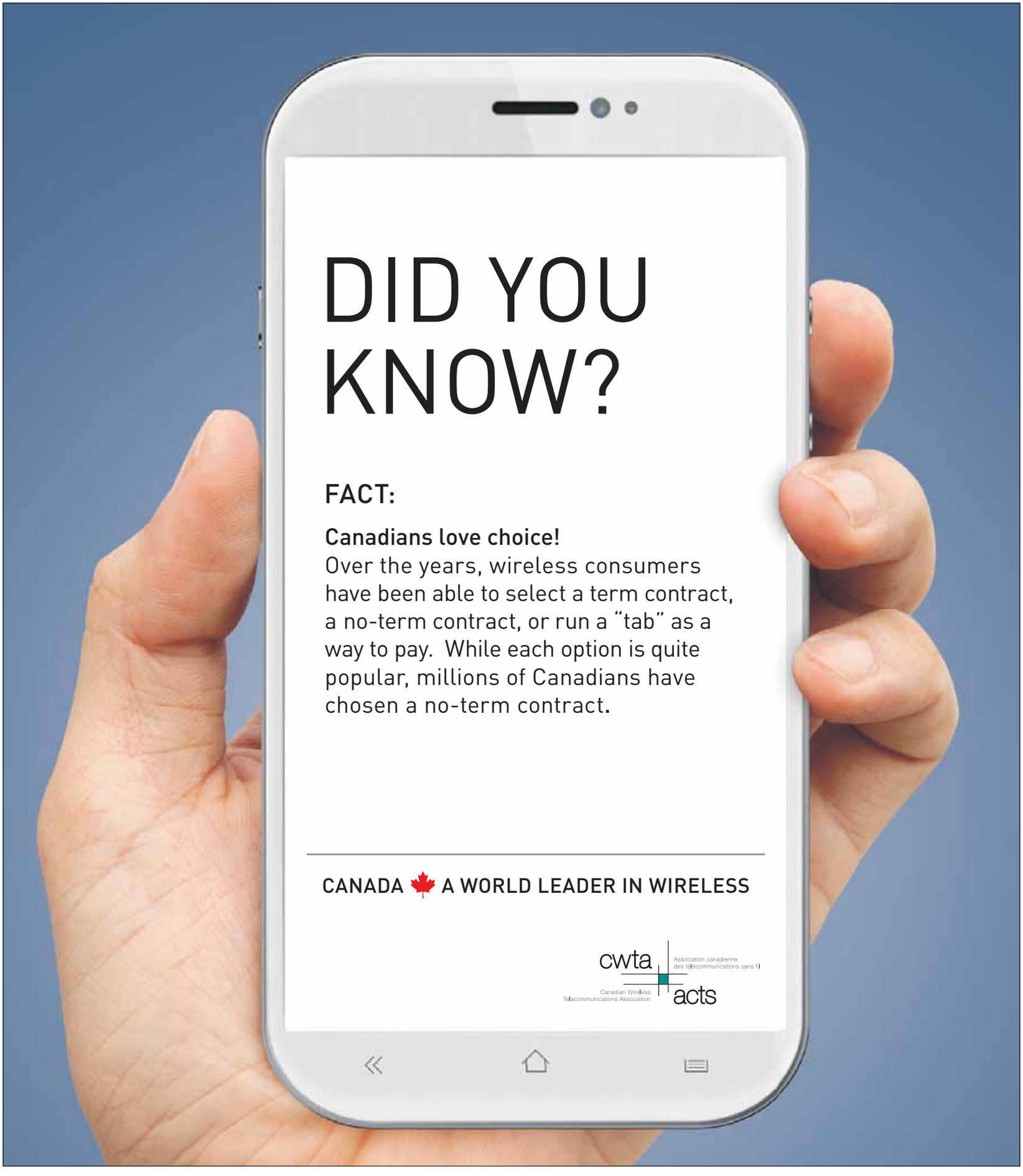
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Two U.S. jets 'bomb' Great Barrier Reef

Aborted mission. Four practice bombs dropped away from coral to minimize possible damage, navy said. None exploded

Two American fighter jets dropped four unarmed bombs into Australia's Great Barrier Reef Marine Park last week when a training exercise went wrong, the U.S. Navy said, angering environmentalists.

The two AV-8B Harrier jets launched from aircraft carrier USS Bonhomme Richard each jettisoned an inert practice bomb and an unarmed laser-guided explosive bomb into the World Heritage-listed marine park off the coast of Queensland state on Tuesday, the U.S. 7th Fleet said.

The jets had intended to drop the ordnances on the Townshend Island bombing range, but aborted the mission when controllers reported the area was not clear of hazards. The pilots conducted the emergency jettison because they were low on fuel and could not land with their bomb load, the navy said. The emergency happened during the biennial joint training exercise Talisman Saber, which brings together U.S. and Australian military personnel over three weeks.

The Great Barrier Reef, the world's largest network of coral structures, is rich in marine life and stretches more than 3,000 kilometres along Australia's northeast coast. THE ASSOCIATED PRESS

An aerial view of the Great Barrier Reef in Cairns, Australia. GETTY IMAGES FILE

Ban on veils

Paris suburbs see another night of violent protests

Some 20 cars were torched in a second night of violence in suburbs west of Paris in apparent protest over the enforcement of France's ban on Islamic face veils. The incidents overnight targeted the town of Elancourt.

The night before, about 250 people clashed with police in the nearby town of Trappes

THE ASSOCIATED PRESS

Family feud

Warring families clash, leaving 7 dead in Philippines

At least seven people are dead in the Philippines after two families locked in a longstanding feud battled each other with guns, police said.

Armed members and followers of the Macugar and Capal families confronted each other late Friday in a village of Bayang town in Lanao del Sur province.

THE ASSOCIATED PRESS

This undated aerial photo released by the Israel Antiquities Authority shows the archeological site in Khirbet Qeiyafa, west of Jerusalem.
SKYVIEW, HOEP/THE ASSOCIATED PRESS

King David's palace? Israeli archaeologists' claim draws skepticism

A team of Israeli archaeologists believes it has discovered the ruins of a palace belonging to the biblical King David, but other Israeli experts dispute the claim.

Archaeologists from Hebrew University of Jerusalem and Israel's Antiquities Authority said their find, a large fortified complex west of Jerusalem at a site called Khirbet Qeiyafa, is the first palace of the biblical king ever to be discovered.

Critics said the site could have belonged to other kingdoms of the area. The consensus among most scholars is that no definitive physical proof of the existence of King David has been found.

THE ASSOCIATED PRESS

Just visiting

Yossi Garfinkel, who led the seven-year dig with Saar Ganor of Israel's Antiquities Authority, believes King David lived permanently in Jerusalem in a yet-undiscovered site, only visiting Khirbet Qeiyafa or other palaces for short periods.

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An employee works at the General Motors Silverado and GMC Sierra plant in Flint, Mich. CARLOS OSORIO/THE ASSOCIATED PRESS

The rise and fall of the Motor City

Detroit. Collapse of the auto industry tells only half the story

Blue-collar workers poured into the auto plants of Detroit for generations, confident that a strong work ethic would bring them economic security. It was a place where the American dream came true. But the good times would not last forever.

Detroit fell into a six-decade spiral of job losses, shrinking population and a plummeting tax base. Its singular reliance on an auto industry and its long history of racial strife proved too much to overcome.

"Detroit is an extreme case of problems that have afflicted every major old industrial city in the U.S.," said Thomas Sugrue, author of The Origins of the Urban Crisis: Race and Inequality in Postwar Detroit and a history professor at the University of Pennsylvania.

Staggering under as much as $20 billion in unpaid bills, Detroit surrendered Thursday, filing the single largest municipal bankruptcy in U.S. history.

In 1950, Detroit's population peaked at more than 1.8 million. But by that time, the auto industry had started to seek refuge from Detroit's powerful unions in other states and overseas. The job hemorrhaging continued as Japan gobbled up more of the market.

But Detroit's unravelling can't be blamed solely on the city's reliance on one industry.

"I think it was inevitable because the politicians in Detroit were always knocking the can forward, not confronting the issues, buying off public employees by increasing their pensions," said Daniel Okrent, who wrote a Time magazine story on his home city in 2009.

Racial strife also infected the city. Tens of thousands of blacks migrated to Detroit in the late 1940s and early 1950s, seeking a foothold in the middle class. And between 1945 and 1965, Sugrue says there were more than 200 racial incidents of whites attacking blacks.

The migration of blacks into Detroit was followed by an exodus of white residents.

"The racial divisions between the city and the suburbs ... (created) an us vs. them mentality," Sugrue said. "There's very little political will ... by suburbanites ... to provide financial support." THE ASSOCIATED PRESS

Forever lost

"I don't think it'll ever come back to the city it once was. The bankruptcy is not in itself a solution."

Kevin Boyle, a Detroit native and history professor at Northwestern University

After the white exodus

83%

Detroit's current population of roughly 700,000 is about 83 per cent black.

Belgium

King crowned in a nation divided

Belgians shouted "Long live the king" Sunday to welcome their new monarch to the throne.

But several legislators from northern Flanders boycotted King Philippe I's coronation, highlighting long-standing feuding between the nation's six million Dutch-speaking Flemings and 4.5 million Francophones.

THE ASSOCIATED PRESS

Economic action plan

Three out of 2,000 followed ads to website: Survey

Slick TV ads this year for the Harper government's "economic action plan" appear to be inspiring a lot of, well, inaction.

A survey of 2,003 adult Canadians completed in April identified just three people who actually visited actionplan.gc.ca, the site created to promote the brand.

THE CANADIAN PRESS

Cabinet shuffle

Aglukkaq to add eco credibility?

The Prime Minister's Office is eager to explain why Leona Aglukkaq, an Inuk from Nunavut, is now leading Environment Canada,

"The appointment of a minister ... from the North, a region susceptible to climate change, speaks volumes about our government's commitment to the environment," spokeswoman Julie Vaux wrote to The Globe and Mail.

THE CANADIAN PRESS

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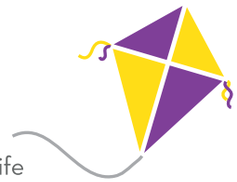

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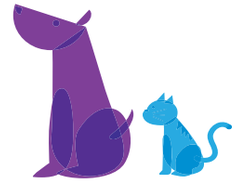

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Charge it! 'Premium' cards could cost you

Current rules allow Visa and MasterCard to charge ever-increasing interchange fees to merchants who accept their cards without allowing them the choice of rejecting those cards that carry higher fees, says the Retail Council of Canada. RYAN REMIORZ/THE CANADIAN PRESS FILE

Credit. Decision in Visa, MasterCard complaint may mean those with certain cards could pay more or even be rejected by merchants

A ruling expected this week on a complaint against Visa and MasterCard could significantly change how consumers use credit cards in Canada.

The federal Competition Tribunal is set to issue a decision Tuesday on whether rules imposed on merchants by the credit card giants are too restrictive.

Striking down the rules could allow merchants to either reject certain cards that offer incentive points, or charge consumers more for using them.

Under the current rules, merchants are required to accept all Visa and MasterCard offerings, but are prevented from charging an additional fee to those who pay with so-called premium cards, which come with higher costs.

Canada's commissioner of competition filed a formal complaint with the tribunal in May 2012, accusing Visa and MasterCard of engaging in anti-competitive behaviour. Consumers have been forced to pay an estimated $5 billion worth of hidden fees each year as a result, the complaint says.

"Without changes to the rules, merchants will continue to face high costs for accepting credit cards, and all consumers, even those who use lower-cost methods of payment like debit or cash, will continue to pay higher prices," commissioner Melanie Aitken said in a statement at the start of hearings.

THE CANADIAN PRESS

Sweet Georgia ... blueberry?

What is the most valuable fruit crop in the Peach State? While Georgia is famous for its peaches, blueberries are the state's most lucrative fruit crop. Blueberries brought in about $94 million for Georgia growers in 2012, compared to $30 million for peaches. JAIME HENRY-WHITE/THE ASSOCIATED PRESS

Loyalty cards. Customer expectations rising

Canadian retailers have spent years weaning shoppers onto the concept of loyalty cards, and what was once considered an added perk is now putting pressure on the companies that run the programs.

Last week, Loblaw's $12.4-billion acquisition of Shoppers Drug Mart shined a spotlight on concerns over the future of the pharmacy retailer's popular Optimum rewards card.

The passionate reaction to the Optimum card showed that rewards programs are working, and can successfully create a brand loyalty that helps buck trends and downturns in the economy. At the same time, customers who once saw rewards as a simple perk now feel they're entitled to reap benefits for their loyalty.

THE CANADIAN PRESS

Halifax. Push by baristas to unionize could spread

Coffee-shop workers in Halifax are leading a push to unionize in what could serve as a model for baristas elsewhere in Canada, one national union says.

In recent months, employees at one café joined a union and workers at two others have launched efforts to do the same.

"I've been taking calls from colleagues and co-workers across the country who've been following this trend in Halifax very closely and looking at it as a model for talking to young workers in other cities," said Tony Tracy, Atlantic representative for the Canadian Labour Congress.

Labour organizing in the service industry has been traditionally low for both ideological and economic reasons, said a professor of labour and employment law at York University.

THE CANADIAN PRESS

Blamed on illicit tap

7 injured when oil pipeline explodes in central Mexico

A pipeline explosion Sunday that injured seven people and sent flames and smoke shooting hundreds of feet into the air in central Mexico was caused by illegal tapping, Mexico's state-owned oil company said.

The pre-dawn explosion in a farm field injured four police officers and three firefighters among those called to the scene by a report of an oil leak, the state prosecutor's office said.

Petroleos Mexicanos, or Pemex, issued a statement on its Twitter account blaming the blast on an attempt to steal oil with an illicit tap.

THE ASSOCIATED PRESS

Modern twist on cards

Get your speech therapy in a flash

University of Regina graduate Robert Harrison is making waves in the technology world as the brainchild behind two new apps designed to assist young students grappling with severe speech issues.

With his speech-therapist wife, Harrison recently completed work on the SpeakColors and SpeechCards applications, both of which have become available on the Apple App Store.

"Both (apps) are designed for helping children improve their speech and language skills — particularly children with autism, Down syndrome and special needs," Harrison said. MARCO VIGLIOTTI/METRO IN REGINA

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GOOD GOVERNANCE JUST NOT AS FUN

URBAN COMPASS

Rod Mickleburgh
vancouver@metronews.ca

I'm probably not the only reporter based in this laid-back bastion by the sea suffering from Toronto-hack envy these days.

Oh, for a mayor who falls flat on his face carrying a football, runs smack-dab into cameras, emerges from social gatherings with sweat stains and groping accusations, smokes crack with guys in hoodies, er, allegedly smokes crack with guys in hoodies, and, best of all, is under investigation for dashing out of a meeting to put fridge magnets on cars.

Big Smoke scribes report his every move, as if he were Swazi royalty. "Waiting for Mayor Ford," they tweet, quivering with anticipation. Then, "He's arrived!"

The Daily Show devoted six whole minutes to Rob Ford's sensational shenanigans. That's even longer than a council motion by Adriane Carr.

And who do we get to cover in beguiling Vancouver? The handsomest, smilingest, bike-ridingest, urban-orchardingest chief magistrate in the city's history.

Search for something untoward in Mayor Gregor Robertson's happy planet history and you get nothing more than buying a one-zone ticket for a two-zone SkyTrain ride and some unguarded muttering about "%$#@...NPA hacks." I mean, snore me big.

Local reporters have become so desperate for even a grain of dirt on Mayor Squeaky Clean, they've tried to spark a furor, anything, over Gregor's decision to sell his $1.9-million family home and move to a smaller place, which, get this, is close to a planned bike lane! Oh, the conflict of interest. Oh, the humanity!

I guess the mayor shouldn't really live anywhere, because some city hall decision might affect him, like sewage flow or garbage pickup.

Instead of riding out this non-controversy, however, Robertson once again shied from his inner Rob Ford. Even though city staff told him there was no problem, the mayor nevertheless resorted to that good old 14th-century word "recuse" and opted to refrain from voting on any bike path that might pass within six miles, or whatever it is, from his brand-new residence.

Why? "Out of an abundance of caution," His Worship intoned. Just no fun at all.

It's enough to make one yearn for the wild and wooly council days of Sam Sullivan, currently marooned up the creek in Victoria without a cabinet paddle. I'll say one thing about Sam: He was generating "crack" headlines long before Rob Ford.

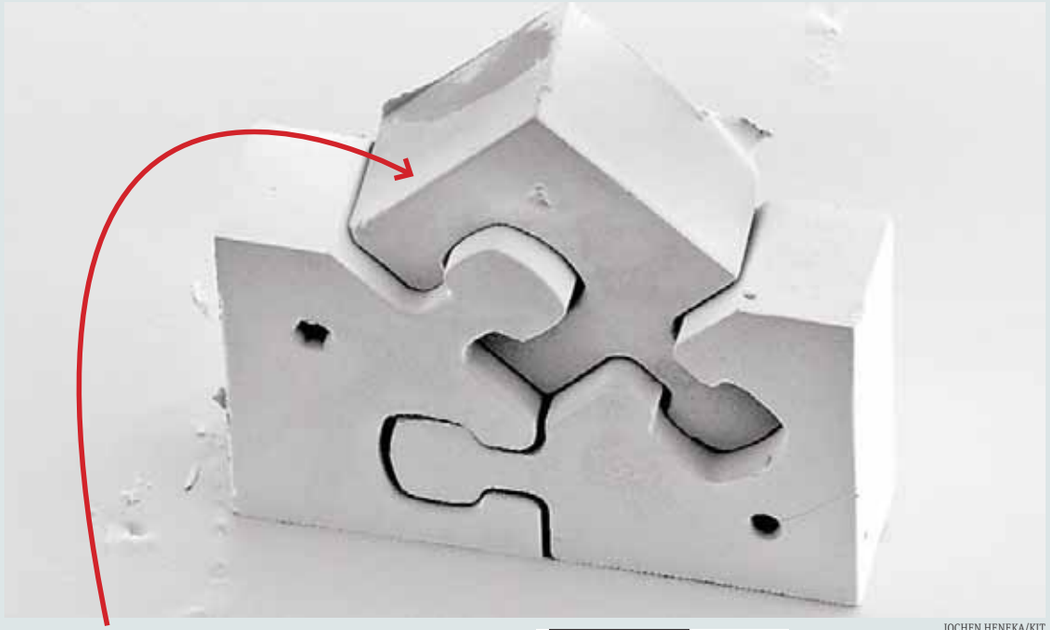
Who can forget that wonderfully strange night in 2002, when Sullivan gave money to a drug addict to purchase some crack. Then, he watched him toke up in his van. The story emerged publicly during Sam's run for mayor. Unlike Mayor Ford, Sam Sullivan admitted it. And, of course, he got elected.

He did what? No!

Search for something untoward in Mayor Gregor Robertson's happy planet history and you get nothing more than buying a one-zone ticket for a two-zone SkyTrain ride

ZOOM

We're left puzzled by its size



JOCHEN HENEKA/KIT

Jigsaw puzzle is world's smallest

This may not look like the most difficult puzzle to put together but you'll need a good magnifying glass and a steady hand to complete it.

This three-piece jigsaw — created by researchers at the Karlsruhe Institute of Technology in Germany — is the world's smallest puzzle, with each of the parts measuring less than one millimetre in size.

This puzzle was made to showcase a new process of making injection-moulds (used in everything from watches to jet engine parts). The technique enables engineers to "pop out" moulded objects as tiny as a half a millimetre in volume.

METRO

Other 3D feats

- In March 2012, researchers at the Vienna University of Technology created a 3D car in 240 seconds. The car's length was 1/1,000 — the width of a human hair.
- In May 2013, scientists made microscopic flower-like crystals — each flower smaller than the thickness of a bank note.

It's cost-cutting

Because it lacks a substrate layer, which would go to waste after the objects are made, this method is cheaper.

"LIGA2.X ensures higher degrees of freedom in the arrangement of structured mould nests," said Jochen Heneka of KIT's Institute of Microstructure Technology.

METRO

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

There's plenty of us who use our mobile devices as our primary music players. If that mobile device happens to be a smartphone, then why not take these apps for a spin to introduce you to new sounds while you're at it?

Mixcloud

A Soundcloud competitor that takes direct aim at fans of electronic music, especially DJs who want to upload and share their own mixes. They've had some pretty lousy apps in the past but the newest version is a welcome overhaul. Or skip the app entirely and stream straight from the mobile site. (iOS, Android/Free)

Pocket Hipster

Set two music snobs loose upon your music library, just not with the intention of mocking your vanilla taste. Instead, the Pocket Hipsters are interested only in turning you on to new excellent bands that you may like based on your tastes. Or you can not listen to their suggestions. Whatever. Not like they care. (iOS/Free)

Audyssey Media Player

Now that your library is stocked up, use Audyssey to polish them to a shine. This fantastic app comes preloaded with optimum EQ settings for more than 200 headphones models, allowing listeners to squeeze as much sound quality as their cans will allow. It might seem a little fussy, but, trust us, it works beautifully. (iOS/$0.99)

Comments

RE: Cory Monteith's Cousin Talks Funeral Plans, Drugs, And Lea Michele, published online July 20

This guy seems like a fake or a family outsider who barely knew Cory.

His use of "reincarnated" and "horrified" don't even make sense...

It's obvious he only knows what's already been reported in the media and the family hasn't asked him to speak for them. So again, he sounds like a fool.

MPSmith posted to metronews.ca

He's no more a family spokesman for the Monteith family than I am. He is trying to make a career out of this tragedy. Please, no more press for this guy.

Dak1928 posted to metronews.ca

He threw it all away for drugs.

Snail posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: vancouverletters@metronews.ca

metro

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Fresh faces at fest

Jim Rash a Comic-Con newbie

Jim Rash, co-star of TV's Community and co-writer/co-director of the Way, Way Back, seems like a natural fit for San Diego Comic-Con, but he's actually something of a Comic-Con newbie. "I'm a virgin — in a lot of ways," he says with a laugh.

"This is only my second year going, and my first year was just a short, very quick trip where it was the Community panel, a press day and then we got out of here," he says. "This is my first year I'm going to walk on the floor, so I feel like I can't speak to it too much because I'll be a virgin."

NED EHRBAR, MWN

Jim Rash, centre, with EW editor-in-chief Jess Cagle and Breaking Bad creator Vince Gilligan, at San Diego Comic-Con 2013. HANDOUT

Super sequel?

Superman, Batman join forces

Director Zack Snyder and Warner Bros. surprised the San Diego Comic-Con audience with some very big news at their Hall H panel presentation Saturday. In the sequel to Man of Steel, scheduled for release in the summer of 2015, Henry Cavill's Superman will be joined on-screen by Batman, Snyder announced. Cavill will return for the sequel, along with Amy Adams, Laurence Fishburne and Diane Lane, but the role of Batman — most recently played by Christian Bale — has yet to be cast. Christopher Nolan will once again serve as producer.

NED EHRBAR, MWN

Dane is living the dream

The Amazing Spider-Man 2. Dane DeHaan is the next Harry Osborn, taking the torch from James Franco. Here's what he has to say

NED EHRBAR
Metro World News in Hollywood

Dane DeHaan plays Harry Osborn in The Amazing Spider-Man 2. HANDOUT

Dane DeHaan made waves with the Comic-Con crowd as an antihero in Chronicle, and now he's upping his superhero game with the Amazing Spider-Man 2, out next year, in which he plays Harry Osborn — most recently portrayed by James Franco. So we had to ask if there were any other Franco roles he had in mind.

How has your Comic-Con experience been?
I shot a night shoot last night, got here at 8:30 in the morning, did some press with Metallica, and now here I am doing press for Spider-Man, so just another day (laughs). It's insane. The fact that I'm at Comic-Con doing press for Spider-Man is really, I don't know. I mean, certainly a dream come true, and if I try to think about it (it's) definitely an overwhelming thought. So I guess I'm just trying not to think about it.

How do you keep everything straight when you're working on so little sleep?
I only think about things as they're happening, I suppose. I don't try to get ahead of myself. I mean, I'm only technically working on one movie right now, and then I just have to talk about the other ones. I mean, once they're over I can talk about them. That's not really a problem.

For the Amazing Spider-Man 2, you're playing a part most recently played by James Franco. Are there any other James Franco roles you'd like to reinterpret?
Other James Franco roles? Gosh, there's just so many of them. I would like to host the Oscars. Does that count? I'd do a whole new thing. I don't know, maybe it would be fun to take a crack at James Dean — although really it would be terrifying. What other roles has he played that I want to play?

How about Spring Breakers?
I don't know. I think I'll let him have that one.

127 Hours?
Yeah, sure. Something like that. That would be fun.

Box office

The Conjuring scares up big ticket sales

Moviegoers were ready for a fright this weekend, sending The Conjuring into first place at the box office. According to studio estimates Sunday, the Warner Bros. haunted-house horror debuted with $41.5 million in domestic ticket sales, unseating the three-week champ, Despicable Me 2. The Universal film dropped to second place with $25 million. Fox's new animated offering, Turbo, opened with $21.5 million, good for third place. The Sony comedy Grown Ups 2 held onto fourth place in its second week of release, earning $20 million. Summit Entertainment's Red 2, which stars Bruce Willis and Helen Mirren as retired CIA operatives, debuted in fifth place with $18.5 million.

THE ASSOCIATED PRESS

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Spit take: Justin Bieber did something awful again

STARGAZING
Malene Arpe
scene@metronews.ca

Loblaw buys Shopper's Drugmart. I really cannot decide if I'm more excited about President's Choice Black Label Tuscan Wart Remover or Life Brand Three-Cheese Mouthwash.

The band **Korn** is growing, yes, corn using a hydroponics system at their studio. "Hmmm..." says Meatloaf to himself and nods.

Justin Bieber allegedly spits in some DJ's face. Everyone should just calm right down. Clearly what happened is that Justin mistook the guy for a spittoon that a minimum-wage earner will be along to deal with later.

Rumour has it that **Kristen Stewart** is now dating **Michael Pitt**. It sounds like the perfect match. They both enjoy music, old movies and sneering.

Lindsay Lohan will earn some $2 million for an eight-part reality series on **Oprah**'s OWN. Not only that, but Lindsay will also get a stylist and two assistants. The money is in the bank. The stylist and two assistants will be on their way just as soon as someone loses the Play For A Chance Not To Be **Lindsay Lohan**'s Stylist and Two Assistants game.

Kanye West's new fashion line for A.P.C. features a $125 plain white T-shirt. "That's so cute. For an amateur," says **Gwyneth Paltrow** and goes back to the promotional material for her upcoming $70-tube sock collection.

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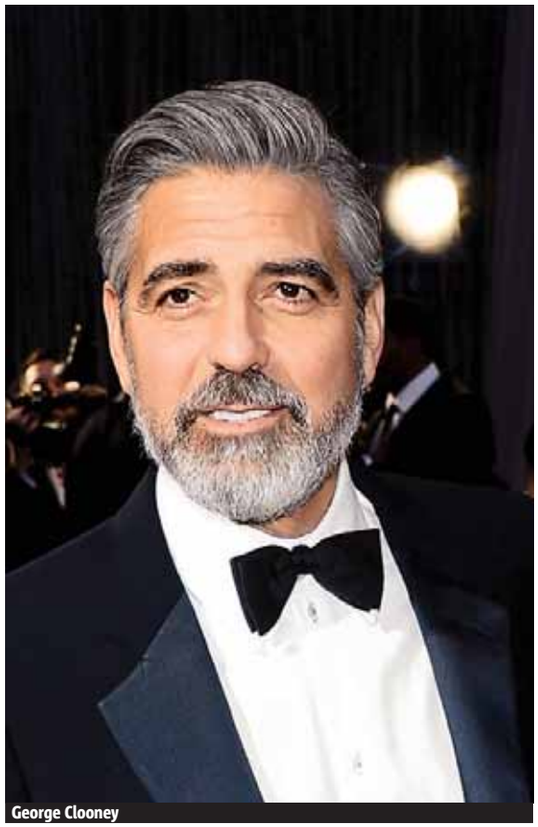


George Clooney

Longoria disputes George Clooney rumours

George Clooney reportedly tried and failed to woo Eva Longoria while he was still dating now-ex-girlfriend Stacy Keibler, according to Us Weekly.

The two stars spent time socializing at the Soho House in Berlin back in March "but did not hook up," a source explains. "George began pursuing Eva. He told her that he was still with Stacy but had plans to break up with her and was interested in being with Eva."

And apparently when Longoria politely turned down his offer, he "continued to pursue her with texts and calls. Eva made it clear to him that she would not date or be with him until he was completely single."

But not so fast, according to Longoria herself. The former Desperate Housewives star took to Twitter to dispute it.

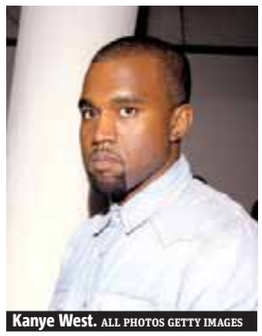
"As interesting as the George Clooney rumours are, they aren't true. George and I have been friends for years," she said.

Twitter

@JoshRadnor
Probably no crime in San Diego tonight. Superhero on every corner. #ComicCon

@ElizabethHurley
What heaven to drive in London at 6 am on a Sunday. Zero traffic.

@Sethrogen
This Superman/Batman news is really gonna steal attention from The Lone Ranger/Green Hornet movie we were planning.



Kanye West. ALL PHOTOS GETTY IMAGES

Kanye has no love for the paparazzi

Kanye West's ongoing tensions with paparazzi boiled over this weekend when the rapper came to blows with a photographer outside of the LAX airport, according to TMZ.

It's unclear what spurred the altercation, but sources say West went after the "especially aggressive" photographer and tried to take away his camera, pulling him to the ground. West was no longer on the scene when police arrived. The photographer was taken to a local hospital to undergo X-rays on his hip, which he claimed he injured in the fight.

Jesse Tyler Ferguson

Keeping that family modern

Modern Family star Jesse Tyler Ferguson married boyfriend Justin Mikita in New York City this weekend, tying the knot in front of 200 friends and family, according to Us Weekly.

Guests included Ferguson's co-stars Julie Bowen, Ty Burrell and Eric Stonestreet as well as Zachary Quinto, Rebecca Romijn and Padma Lakshmi, among others.

Ferguson and Mikita have been dating each other two years.

Mother and sun

Protect yourself from being too hot a "hot mama"

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

Summer travel means summer sun, and while moms are diligent about slathering their kids with sunscreen, plopping sunhats on their heads and wrestling shirts onto them, they need to remember a sunburn for themselves is just as harmful. At a minimum, sun damage causes wrinkles and sunspots. At worst, it can cause skin cancer.

Sunscreen is a must, even if you don't normally burn. Choose an appropriate SPF level and make sure it's waterproof if you plan on being in the water. Experts suggest you need about two tablespoons for full coverage, and you should reapply frequently.

Hats not only protect from sunburns, but also against heatstroke. Or, stay out of the sun completely by using a big umbrella to avoid being a real "hot mama."

Moms are diligent about protecting kids from the sun, but what about themselves? ISTOCK

Online

Motherhood has turned Mommy into the Worst Friend in the World. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices.

Sing a little prayer for you: How a simple song could help preemies

Music therapy. Studies suggest the vibrations, soothing rhythms might benefit newborns who are too fragile to be comforted by hand

Study

Joanne Loewy led a study published last month in the journal Pediatrics. Therapists in the study played small drums to mimic womb sounds and timed the rhythm to match the infants' heartbeats.

- The music appeared to slow the infants' heartbeats, calm their breathing and improve sucking and sleeping, Loewy said.

Music therapist Elizabeth Klinger quietly plays guitar and sings for Augustin as he grips the hand of his mother, Lucy Morales, in the newborn intensive care unit at Ann & Robert H. Lurie Children's Hospital in Chicago. M. SPENCER GREEN/THE ASSOCIATED PRESS

As the guitarist strums and sings a lullaby in Spanish, Augustin Morales stops squirming in his crib and closes his eyes.

This is therapy in a newborn intensive care unit, and research suggests that music may help those born way too soon adapt to life outside the womb.

Some preemies are too small and fragile to be held and comforted by human touch, and many are often fussy and show other signs of stress. Other complications include immature lungs, eye disease, problems with sucking and sleeping difficulties.

Recent studies and reports suggest the vibrations and soothing rhythms of music, especially performed live in the hospital, might benefit preemies and other sick babies.

Many insurers won't pay for music therapy because of doubts that it results in any lasting medical improvement. Some doctors say music works best at relieving babies' stress and helping parents bond with infants too sick to go home.

But amid beeping monitors, IV poles and breathing tubes in infants' rooms at Chicago's Ann & Robert H. Lurie Children's Hospital, music therapist Elizabeth Klinger provides a soothing contrast that even the tiniest babies seem to notice.

"What music therapy can uniquely provide is that passive listening experience that just encourages relaxation for the patient, encourages participation by the family," Klinger said after a recent session in Augustin's hospital room.

The baby's parents, Lucy Morales and Alejandro Moran, stood at the crib and whispered lovingly to their son as Klinger played lullabies.

"The music relaxes him; it makes him feel more calm," Morales said. "Sometimes it makes us cry."

More than two dozen U.S. hospitals offer music therapy in their newborn intensive care units and its popularity is growing, said Joanne Loewy, who directs a music and medicine program at Beth Israel Medical Center in New York.

Preemies' music therapy was even featured on a recent episode of American Idol, when show finalist Kree Harrison watched a therapist working with a tiny baby at Children's Hospital Los Angeles.

"Music is such a huge part of our lives and to do something like this, make it a sort of healing process, is a cool thing," Harrison said.

THE ASSOCIATED PRESS

Gelatin: not just for snack time anymore

A negative image, left, and a positive is shown. KRISTEN SUTCLIFFE/NEW HOUSE PROJECT/THE ASSOCIATED PRESS

One crafting idea that may amaze kids of all ages is gelatin printing. This low-tech craft uses: a pan of gelatin, ink, paper, an ink brayer and a collection of leaves. That's it.

1. In a large pot, bring 5 cups of water to boil, then whisk in gelatin, one packet at a time, avoiding clumps. Pour mixture onto baking sheet and allow to cool and set.

2. To print, pour a small amount of ink onto the plate; use the brayer to fully cover the gelatin with ink. Place leaves on the ink-covered gelatin. Place your paper or fabric on top; rub.

3. Remove the paper or fabric: This is your first print.

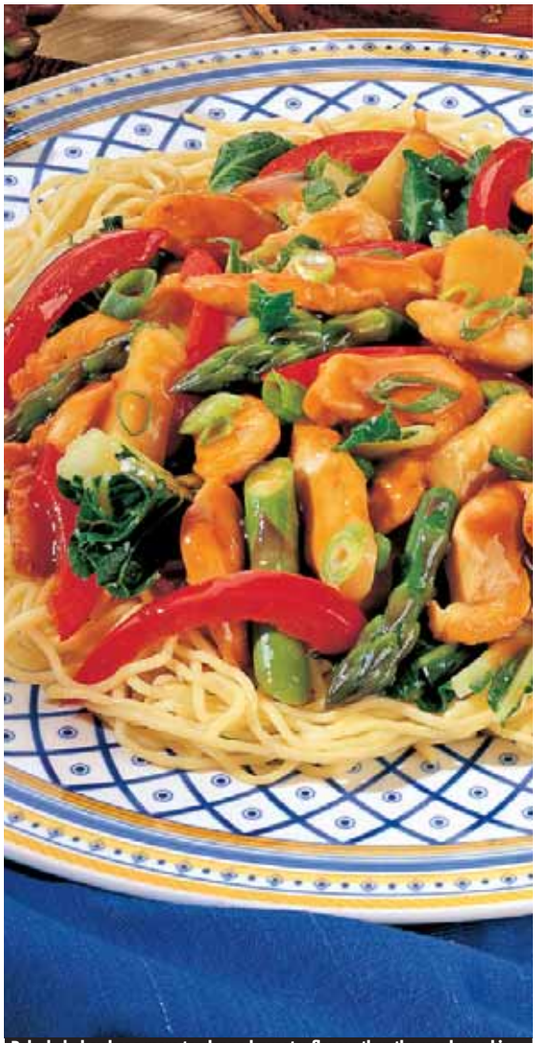
4. Carefully remove leaves from the baking sheet and place a new piece of paper or fabric over the ink and rub; remove. This provides the positive print.

5. Re-ink the gelatin to make additional positive and negative prints. THE ASSOCIATED PRESS

Ingredients

- 5 cups water
- 8 1/4-ounce packet gelatin
- 9x13-in baking sheet w/ edges
- Printing ink
- Paper plate
- Printmaking brayer
- Assorted leaves
- Paper or fabric

Chicken and asparagus can help cause a stir-fry at dinner



Baby bok choy has a more tender and sweeter flavour than the regular and is readily available. MARK SHAPIRO/ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE)

ROSE REISMAN
for more, visit
rosereisman.com or follow
her on twitter @rosereisman

A stir-fry is a quick one-pot dish. Serve it alongside some rice and you have the perfect meal.

Ingredients

- 3/4 cup chicken stock
- 3 tbsp oyster sauce
- 1 1/2 tbsp rice wine vinegar
- 2 tbsp honey
- 1 tbsp soya sauce
- 1 tbsp cornstarch
- 1 1/2 tsp minced garlic
- 1 1/2 tsp minced ginger
- 12 oz skinless, boneless chicken breast, cut in thin strips
- 2 tsp vegetable oil
- 2 cups asparagus cut into 1-inch pieces
- 1 cup sliced red peppers
- 4 cups sliced baby bok choy
- 1 cup water chestnuts
- 1/2 cup chopped green onions

1. In bowl, whisk together stock, oyster sauce, vinegar, honey, soya sauce, cornstarch, garlic and ginger; set aside.

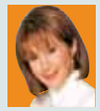
2. In a nonstick skillet or wok sprayed with vegetable spray, stir-fry chicken strips for 3 to 4 minutes, stirring constantly, or until just cooked at centre. Remove chicken from skillet.

3. Heat oil in skillet over high heat. Add asparagus and red pepper strips and stir-fry for 3 minutes, stirring constantly, or until tender-crisp. Add bok choy and water chestnuts and stir-fry for 1 minute or until bok choy wilts. Stir sauce again and add to wok along with chicken strips. Cook for 2 minutes or until thickened slightly. Garnish with green onions.

ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE) BY ROSE REISMAN

Healthy eating

Choose it and lose it



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Pop-in-your-mouth snacks can be quite satisfying. What isn't is the amount of calories, fat and sodium in certain favourites.

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3 M&M four-cheese bite-size pizzas

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Access your inner Colonel with celebrity-chef-grade chicken

Inspired by a recipe by celebrity chef Tyler Florence's, this is a great fried chicken to make for yourself at home, just in case you're unable to make it out to Florence's restaurant any time soon. MATTHEW MEAD/THE ASSOCIATED PRESS

Ingredients

- 6 cups chicken broth
- 3 sprigs fresh rosemary
- 1 tbsp lightly crushed black peppercorns
- 1/2 tbsp kosher salt
- 3 lbs boneless, skinless chicken thighs
- 1 cup all-purpose flour
- 12 fresh sage leaves
- 2 large sprigs fresh rosemary
- 1 tsp garlic powder
- 2 tbsp chopped fresh thyme
- 2 tsp kosher salt
- 1/2 tsp ground black pepper
- 3 cups panko breadcrumbs
- 1 cup buttermilk
- 3 eggs, beaten with 1 tablespoon water
- 1 qt peanut oil

1. To poach the chicken, in a large saucepan, combine broth, rosemary, peppercorns and salt. Bring to a bare simmer, then add chicken thighs. Return to a simmer, then cover and cook for 15 to 20 minutes, or until the meat reaches 165 F.

2. Meanwhile, in a food processor, combine flour, sage, rosemary, garlic powder, thyme, salt and pepper. Process until seasonings are finely ground. Transfer mixture to a gallon-size plastic bag. Place panko in a second gallon-size plastic bag.

3. Once chicken has finished poaching, transfer thighs to a cutting board. Let cool until easily handled, then pat dry.

4. Place buttermilk in a wide, shallow bowl and beaten eggs in another similar bowl.

5. One at a time, soak each thigh briefly in buttermilk then remove, shaking off excess, and place in bag with flour mixture. Gently shake to coat. Remove thigh from mixture, then dredge though eggs. Remove thigh, shaking off excess, then place in bag with panko. Gently shake to coat.

6. Set breaded chicken thigh on a rimmed baking sheet. Repeat with remaining thighs.

7. When ready to fry, heat oil in a large, deep saucepan over medium-high heat to 400 F. You'll need an instant thermometer to monitor the temperature. Heat oven to 200 F. Once oil reaches temperature, carefully set 2 thighs into the oil at a time and cook, turning once, for 10 to 15 seconds, or until golden brown. Use tongs to transfer fried chicken to a clean rimmed baking sheet and set in the oven to keep warm.

8. Allow the oil to return to 400 F, then continue cooking the chicken in batches.

THE ASSOCIATED PRESS

Found in translation: Working your way through the world of words

While much of the translation work done in Canada is from English into French and vice versa, the field is growing. Service Canada projected that until 2018 about 30 per cent of job openings for translators will come from the expansion of languages spoken here. ISTOCK

It's not all talk.

Becoming a translator takes more than a day spent with your dictionary

YLVA
VAN BUUREN
CareerBear.com

The words "translator" and "interpreter" are often used interchangeably — but they are actually two distinct careers requiring different skill sets and training. A translator translates written materials from one language into another. An interpreter works with the spoken word.

A translator doesn't simply change one word for the same word in a different language. Translators need to have exceptional writing skills, translating the mood, style, tone and attitude of the original document so the new work doesn't sound like a translation.

What does a translator's day consist of?

For the most part, you translate written material, which can include reports, emails, web copy, advertising materials, brochures, legal and business documents, literary works, textbooks, instructional guides and technical manuals. You are also reading, writing and referencing language guides, proofreading, and communicating with clients and colleagues.

Many translators have a B.A. in translation from a university.

If you want to practise under the official title of Certified Translator, you must pass an exam from a provincial brand of the Canadian Translators, Terminologies and Interpreters Council.

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- **SALARY EXPECTATIONS:** Average salary, $50k.
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Plug it in, plug it in. A connected work den that's distraction-free

Where your kids complete their schoolwork and how you design this space can play a big role in their learning and productivity. More than ever, students have extra assignments to complete at home, so it's important for families to set up a connected homework space to ensure their kids have the tools to be successful.

"Creating a welcoming space that's comfortable and flexible can help your child establish good homework habits that will last a lifetime," says Stephanie Lancaster, tech advisor at Rogers.

"As with any good habit, starting early and staying consistent are key."

To help your children thrive when this school year comes around, here are some tips on creating a connected homework space:

• Set a daily time for homework. Depending on your family's schedule, the best time might be right after school or after dinner.

Come on in!

"Creating a welcoming space that's comfortable and flexible can help your child establish good homework habits that will last a lifetime."

Stephanie Lancaster
Tech advisor, Rogers

• Gain access to a secure Wi-Fi home network. Printing documents or saving presentations on an external drive is easier when all of your devices are connected on one network.

• Be flexible with different work stations around the house. With connected tablets and laptops, kids can set up a homework space in any location of the house accessible to the Wi-Fi connection, making it easy to move from the kitchen to the home office.

NEWS CANADA

Get on the brand wagon

Things just got personal. Graduating students are advised to make a move and make their mark

Today's seasoned professionals recognize the challenges they face trying to stand out in a crowd of new grads.

There are ways to market yourself in a professional and effective manner. While there is no foolproof algorithm to produce the perfect professional brand, being knowledgeable, credible, authentic and trustworthy puts you on the right track as these are all qualities of a solid, hireable professional.

Marc Quesnel, CGA, is the president of QMR Consulting and Professional Staffing, a firm in the financial and corporate management industry operating in Ottawa. With years of experience navigating the careers of financial and business professionals, Quesnel offers young professionals advice on how to create and maintain a strong professional brand that will ensure their future successes.

How can you stand in a class of your own? By being authentic, being yourself and creating a brand that reflects the real you. ISTOCK

Be a lifelong learner
An undergraduate degree isn't necessarily the end of formal learning. For many, the next step is a professional designation. Quesnel attributes much of his success to his pursuit of a professional designation within his industry.

Learning should be a lifelong pursuit throughout your career — so start your learning plan now. What skill do you want to learn; what personality trait do you want to develop? Being conscious of opportunities for growth and development will help to keep you and your skills current. Those who subscribe to a life full of learning end up as successful CEOs, CFOs, COOs and entrepreneurs.

I'll stand by you

Be consistent and trustworthy

- **Consistently reinforce your brand.** No one will believe, trust or hire someone who is inconsistent or seemingly untrustworthy.

Start networking
Peer-to-peer networking can open up many opportunities. A professional association is a great resource for making connections, as are industry associations and service clubs. Join organizations that reflect your goals and values.

Make sure your online presence reflects your brand
Don't cripple your professional brand with an unprofessional online presence. Employers use LinkedIn, Facebook and Google, too. Post accomplishments that enhance the impression you want to leave and delete information that presents a brand that you have outgrown.

Volunteer for charitable causes
Develop your skills, broaden your perspective and advance your career while doing good.

"Your brand is ultimately your reputation," Quesnel advises. "It's not just the image you present to the world; it's also how the world perceives you. Good or bad, your reputation will follow you throughout your career and be a key factor in determining your success."

Every academic and accredited professional has worked hard for their degree and/or designation.

Learn how you can do more with your career and the diverse opportunities that are available to you. NEWS CANADA

Baby remember my name

"Your brand is ultimately your reputation. It's not just the image you present to the world; it's also how the world perceives you. Good or bad, your reputation will follow you throughout your career and be a key factor in determining your success."

Marc Quesnel
President of QMR Consulting and Professional Staffing

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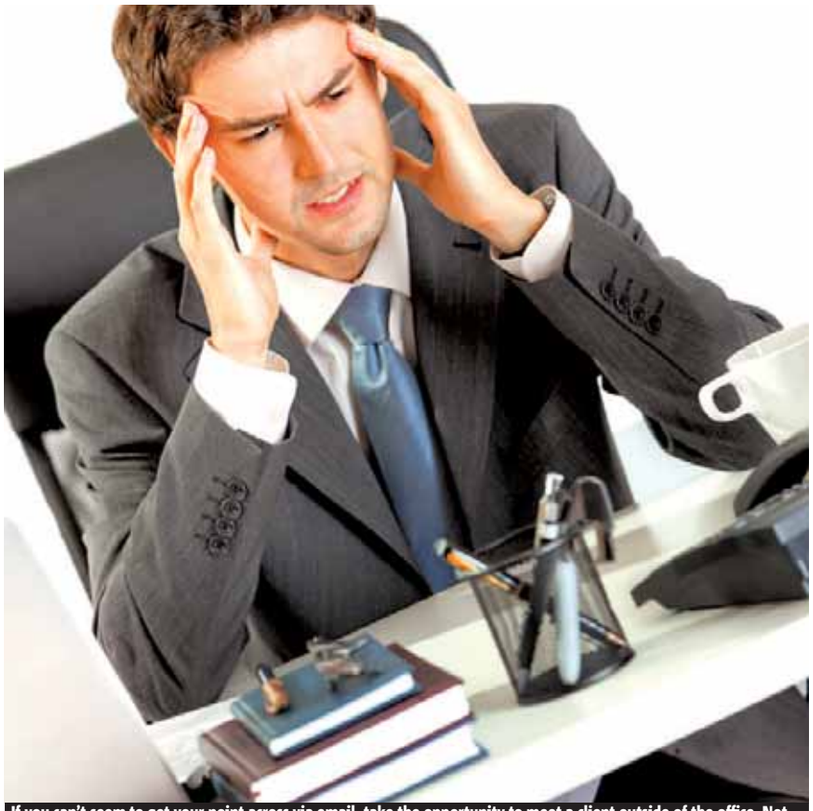

If you can't seem to get your point across via email, take the opportunity to meet a client outside of the office. Not only will it improve communication, it will give you the boost to get off your behind. ISTOCK

Mind your body and your business

All work, no walk, makes Jack a sick boy. Don't forget to pencil wellness into your working day

Even if you eat well and exercise regularly, sitting at a desk for eight hours a day can negatively impact your health. According to Sherry Torkos, pharmacist and author of The Canadian Encyclopedia of Natural Medicine, there are a few simple ways you can stay healthy at your desk job.

Rest your eyes

Staring at a computer screen all day can cause regular users to experience vision problems. Blinking frequently and giving your eyes the chance to regularly focus on something more distant can reduce eyestrain. Setting a timer to remind you to look away from the screen every 20 minutes will help relax your eyes and reduce fatigue.

Talk in person

Telephone calls, emails and other technological tools improve time management, but they can also contribute to an unhealthy office environment. Take opportunities to walk to a co-worker's office and talk face-to-face instead of sending an email or picking up the phone.

Having walking meetings can also be a useful way to boost energy and alertness. This allows employees to get up, stretch their legs and reduce the negative impact of sitting at a desk without affecting productivity.

Stand up for phone calls

If you do have to use the phone, stand up anytime you make or receive a call. This will give you the opportunity to stretch your legs several times a day and will become a habit helping you to lower the harmful effects of being inactive. Standing for phone calls will also generate energy in your body and voice.

NEWS CANADA

Quench that thirst!

Hydration in an office setting is often overlooked.

- Your body requires a lot of water, even if you're sitting. Having a 1.5 L bottle of water will help you curb the afternoon slump and allow you to gauge how much water you've consumed throughout the day.

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Career Planning

Participants engage in activities designed to identify and establish an attainable career path. Career Exploration includes researching occupations, salaries and educational requirements along with completing formal and informal assessments designed to identify: current and transferable skills, interests, abilities, values and aptitudes.

August 19-30, 2013

Job Club

Participants will explore the labour market; learn how to respond to job postings, develop their resume, cover letter and reference list, practice interview skills and learn how to make a positive first impression.

These programs are for participants with an interest in targeting a career path and employability. Participants may be eligible for financial support during the program.

Eligibility

- Aboriginal ancestry and able to work in Canada
- Have a referal from an ACCESS Employment Councellor
- Monday – Friday 9:00 am to 3:30 pm

ACCESS
BUILDING FUTURES TODAY

For More Information Contact:
604-521-5929

Canada

Lions running back Andrew Harris celebrates after one of his three rushing touchdowns on Saturday against the Eskimos at BC Place. DARRYL DYCK/THE CANADIAN PRESS

Photographic memory: Harris up off his knees

CFL. Canadian running back had three TDs in B.C.'s 31-21 win over Edmonton on Saturday

CAM TUCKER
cam.tucker@metronews.ca

On his knees, slouching ever so slightly forward with his head down and hands listlessly in his lap — it's the image of Andrew Harris in an expression of defeat and dejection.

Canadian Press photographer Darryl Dyck shot the picture in the seconds after the B.C. Lions lost the 2012 Western Final to the Calgary Stampeders at BC Place Stadium last November.

That same photograph is posted in Harris's locker at BC Place. It's a constant reminder of the disappointment the non-import running back and his team, the fans and the city felt after a shockingly bad performance in the biggest game of the Lions' year.

The message "Never underestimate the commitment to winning" is handwritten on the photo.

"That killed me," Harris said of that loss to Calgary, pointing to the photograph in his locker.

If that's the motivation, Harris seems like a man on a mission to do his part in rectifying what went wrong last fall.

On Saturday against the Edmonton Eskimos at BC Place, Harris scored three touchdowns and had 103 yards rushing, as the Lions took over in the second half — much like they did last weekend against the same opponent — on their way to a 31-21 win.

Harris also had 30 yards receiving on two catches.

He's now up to 296 yards rushing through four games. In two of those games, he's rushed for more than 100 yards.

"There's no doubt about it; he's getting better and better," said head coach Mike Benevides. "Andrew is running hard, running tough."

At the rate he's on now, Harris, a 2012 West Division and CFL all-star and the 2011 Grey Cup Most Outstanding Canadian, would smash his single-season career best in rushing yards (1,112) and touchdowns (11) set last year.

But the feeling of failure from last November still burns deep.

"I've just got to be better and help the team be better so we can not make that same mistake this year," said Harris.

MLS

Whitecaps get reacquainted with defeat in L.A.

The Vancouver Whitecaps had their six-game undefeated streak snapped in a 2-1 loss to the L.A. Galaxy on Saturday.

Camilo Sanvezzo gave the Whitecaps a 1-0 lead, and took back the MLS lead in scoring with his 13th goal of the season. But the Galaxy, even without Landon Donovan and Robbie Keane, scored twice to take the lead and eventually the win.

"I think the expectations on our team are really, really high and I think that we understand that so every time we don't win we're disappointed and we feel that pain of that," Whitecaps head coach Martin Rennie told reporters following the match. **METRO**

Careful with those bats

Emeralds storm past Canadians with huge sixth

The Eugene Emeralds exploded for eight runs in the top half of the sixth inning and held on for an 8-4 win over the Vancouver Canadians on Sunday at Scotia Bank Field at Nat Bailey Stadium.

The two teams entered the sixth inning in a scoreless tie, before Eugene rallied. The Canadians cut the lead in half with a pair of two-run innings, but the damage was done.

The Canadians will close out this five-game series against the Emeralds on Monday at Nat Bailey Stadium. **METRO**

Lefty leaves field in dust on Open Sunday

Phil Mickelson reacts to his birdie putt on the 18th hole of the 142nd British Open on Sunday in Gullane, Scotland. ANDY LYONS/GETTY IMAGES

One of the greatest final rounds in a major. Two of the best shots he ever struck with a 3-wood. The third leg of the Grand Slam.

Phil Mickelson never imagined any of this happening at the British Open.

No wonder he never took his hand off the base of that silver Claret Jug as he talked about the best Sunday he ever had at a major. Five shots out of the lead, Mickelson blew past Tiger Woods, caught up to Lee Westwood and Masters champion Adam Scott, and won golf's oldest championship with the lowest final round in his 80 majors.

Caddie shock

"Best round I've ever seen him play."

Phil Mickelson's caddie Jim Mackay. Mickelson is a U.S. Open win away from completing the career Grand Slam.

With four birdies over the last six holes, Mickelson closed with a 5-under 66 for a three-shot win over Henrik Stenson.

No longer is he mystified by links golf, and he has his name etched in that jug to prove it.

"This is such an accomplishment for me because I just never knew if I'd be able to develop the game to play links golf effectively," Mickelson said. "To play the best round arguably of my career, to putt better than I've ever putted, to shoot the round of my life ... it feels amazing to win the Claret Jug."

THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
The more people you meet in the world at large this week the better your chances of success will be.

♉ Taurus
April 21 - May 21
Because there is a full moon at one of the more sensitive points of your chart you will be more emotional than usual.

♊ Gemini
May 22 - June 21
You may not agree with some of the opinions you hear over the next 24 hours but you need to remember that everyone is entitled to their say. If you make an effort to listen you may even learn something interesting.

♋ Cancer
June 22 - July 23
You are in one of your more impulsive moods and today's full moon will encourage you to spend, spend, spend.

♌ Leo
July 24 - Aug. 23
You would never let another person dictate to you what you can and cannot do with your life, so don't try to dictate to them. The message of the stars today is Live and Let Live. Then everyone will be happy.

♍ Virgo
Aug. 24 - Sept. 23
Don't allow yourself to be talked into doing something you don't feel like doing. You are happy to help others out, of course, but if you have any kind of doubts you must act on what your intuition tells you.

♎ Libra
Sept. 24 - Oct. 23
Handle affairs of the heart with care today because the full moon makes everyone a bit more sensitive than usual. If you say or do something a loved one thinks is needlessly harsh it could sour your relationship.

♏ Scorpio
Oct. 24 - Nov. 22
Someone is determined to make a drama out of a crisis and the more you try to persuade them there is nothing to worry about the more emotional they will get.

♐ Sagittarius
Nov. 23 - Dec. 21
Enjoy life by all means but don't overdo it. You could get quite excitable over the next 24 hours and who knows where that might lead!

♑ Capricorn
Dec. 22 - Jan. 20
You may be cautious by nature but you will nevertheless be tempted to spend big today – and chances are you will regret it. The safest place for your cash and your credit cards is in a locked wallet.

♒ Aquarius
Jan. 21 - Feb. 19
You may be tempted to say and do things for their shock value alone. It's fun, of course, but what of the costs?

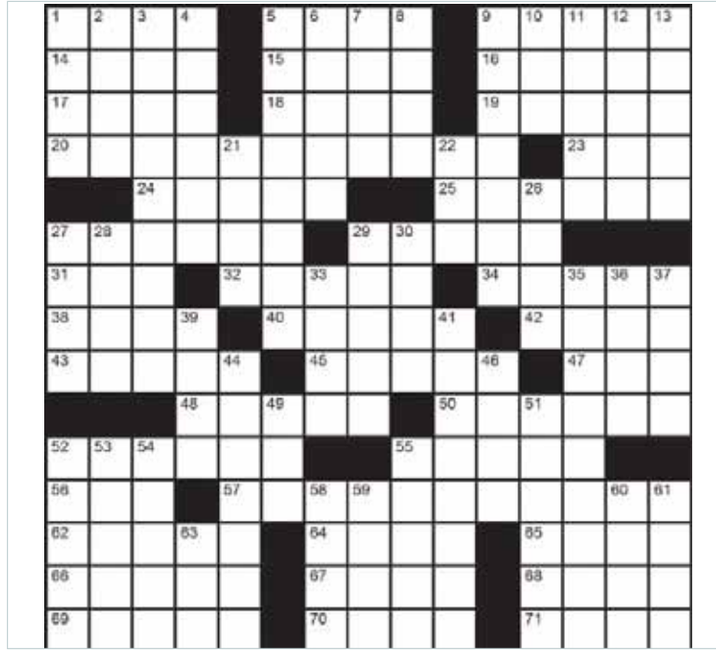
♓ Pisces
Feb. 20 - March 20
You know that something is going on but you can't work out what it is. Don't worry: ignorance is bliss. The less informed you are the more honestly you can claim that you are not to blame for the consequences.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

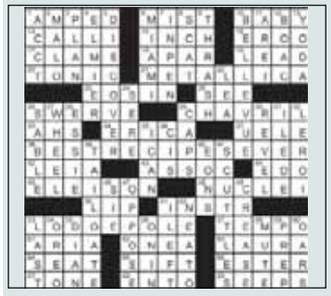
BY KELLY ANN BUCHANAN



Across
1. Family members, for short
5. Men's cologne brand
9. Rideau __
14. Miss
15. Taken-back vehicle
16. Psychedelic psychologist Timothy
17. Roman love god
18. Capital of Samoa
19. "It's _ __!" (There's meaning)
20. 1986 Bangles hit: 2 wds.
23. Maria Trapp connector
24. Go with the flow
25. Pressure
27. Mr. De Niro
29. Lake __ (American resort)
31. Mr. Philips of stand-up
32. Cherished
34. Janet Jackson hit
38. Irish songstress
40. Google mobile device brand
42. Cookies company
43. Whitney Houston's "__ We Almost Have It All"
45. Illegally lift
47. PBS funding org.
48. Garbs for bagpipers
50. Heavy or sluggish
52. __ Beach, ON
55. Flavourless
56. Classic TV Cousin
57. Manitoba community originally an HBC trading post: 2 wds.
62. Haida __ (Archipelago off BC's coast)
64. "Downton Abbey" role
65. Barge __ __ (Intrude)
66. Undergarments brand
67. Elvis Presley link, variantly
68. Tidy
69. Stuff for Oscar's can
70. Actress, Sherilyn __
71. Cook's li'l quantities

Down
1. Wander
2. Ex-Spice Girl Ms. Bunton
3. Canada's 'First Lady of the Guitar': 2 wds.
4. Footstep
5. 'Flower City' in the Greater Toronto Area
6. Get the plant a new container
7. __ the air (Undecided): 2 wds.
8. It's an amphibian
9. Canadian Music Hall of Famer, David __-Thomas
10. Bronze Roman money
11. Gullible
12. T.O. players
13. Ms. Redgrave's
21. Poet Mr. Sandburg
22. Hair hue, __ blonde
26. Try for a role
27. Oliver of "Oliver!" (1968)
28. Dodge car of yore
29. Communicates via smartphone
30. _ __ (Together, in music)
33. Suit garment
35. SK's Athabasca __ __ Provincial Park
36. Oxygen-giver
37. Bring forth a lamb
39. "Diana" singer Paul
41. Salvation Army, colloquially: 2 wds.
44. Community on PEI's northwestern tip
46. Donnie Iris song: "Ah! __!"
49. Philosopher, __-tzu
51. Sprinkle with holy oil
52. English Channel sight, Isle of __
53. Battling: 2 wds.
54. Ms. Katic, Hamilton-born actress
55. Tycoon
58. Mil. fliers
59. Had on
60. Sudsy stuff
61. Tree-like Tolkien creatures
63. Y-ending word's plural suffix

Friday's Crossword

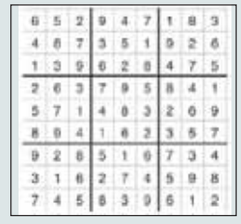


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

2			7					
1	3			6				
		6				1	5	
	5		9		7			1
7			2		3			4
4			5		6		3	
	8	2				3		
				2			6	9
					8			5

Friday's Sudoku



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Check the 14 day trend.
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